



Breastfeeding Fact Sheets

These patient education brochures were written by Ellen Phillips-Angeles to address concerns frequently expressed by our patients. They “translate” technical information from this book into patient-friendly language. Minimal words are used and the reading level is set at grade 7 because most new parents do not have the time or energy to read volumes of material.

Topics are limited in scope and content, so you may provide only the material your client wants. Our patients have enjoyed this focused approach. You may copy these fact sheets for your patients.

1

BREASTFEEDING FACT SHEET

WHY BREASTFEED?

A mother's milk is the best food for a growing baby.

Breast milk

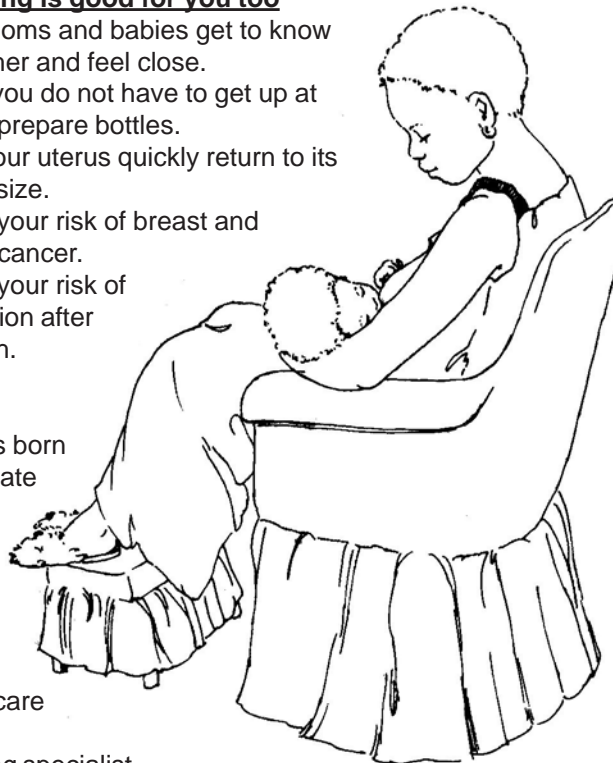
- Helps the baby grow strong and healthy, especially the brain, mouth and teeth.
- Protects the baby from colds, infections, ear infections and allergies – fewer doctor visits.
- Is easy on the baby's stomach. Babies have less colic and fewer infections in the stomach and bowel (diarrhea).
- Is simple to use – no formula to prepare or bottles to wash.
- Saves money – no formula to buy.
- Lowers the risk of diabetes, asthma and pneumonia.

Breastfeeding is good for you too

- Helps moms and babies get to know each other and feel close.
- Means you do not have to get up at night to prepare bottles.
- Helps your uterus quickly return to its original size.
- Lowers your risk of breast and ovarian cancer.
- Lowers your risk of depression after childbirth.

Cleft palate

Often babies born with cleft palate or other mouth problems can breastfeed. Check with your health care provider or breastfeeding specialist.



Breastfeeding takes time and practice. If you need help, ask other moms, breastfeeding specialists, La Leche League volunteers or your health care provider.

TAKE CARE OF YOURSELF

- Drink plenty of liquids.
- Take a vitamin and mineral supplement.
- Take naps when baby sleeps.
- Eat well.
- Socialize with friends and family.
- Check with your health care provider before using any drugs – even things like aspirin or cold medicines can get in your breastmilk and affect your baby.
- Relax while nursing – listen to quiet music, rock the baby, take the phone off the hook, sit in a warm and restful place.
- Cuddle your baby. Don't keep him too warm if he tends to fall asleep before finishing nursing.
- DO NOT smoke when nursing your baby.



BREASTFEEDING TRIAGE TOOL
